

Book 1



Body Literacy for children Book 1

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Much debate has gone into the relevance, form, need and structure of sexuality education for children. While it is a must, the set of progressive workbooks is one tool to impart gender sensitive sexuality education to children aged 10 and above, to increase the comfort level of facilitators and children through 'Body Literacy'. The workbooks rely on the collective experience of many 'seniors' who dedicated their lives, and work to imparting scientifically based sexuality education particularly in Maharashtra. We see this as an addition to their work. We thank all the schools we have worked with over the years, the students whose giggles, questions, and sometimes biting responses have all contributed. We thank the teachers, counselors, parents, and NGO workers who have participated our workshops, consultations and trainings all over the State. We thank Mira Sadgopal and Snehal DK for helping on the section Me and My Body.

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We are thankful to Sir J R D Tata Trust, Mumbai for making the workbooks possible. Besides the financial support, we are grateful for the freedom to innovate and the faith placed in us.

We also acknowledge

What is happening to our bodies: Book for girls' Linda Madaras, New Market Press, NY, 2000, for the 'giant baby' concept and image.

August 2009

Where is my **MIND**?

How big is my **heart**?

Where did I come from?

Where does all the **food** I eat go?

Who says boys are **stronger**?

I have a secret. Is it okay if I tell you?

This is **my** book. I am _____ (my name).

It is a book about growing up.





When I grow up I would like to be a _____,

and a _____.

I would like to live to be _____ years.

My book.

I would like to  read it  write in it  draw in it  look at the pictures

 close it  keep under my pillow  carry it wherever I go  hide it

I would like to share it with _____ and _____ or

No one.

This is MY book.

We are constantly changing.
We are constantly growing...

Our bodies are growing, and our minds are also growing. We are becoming independent. We now dress ourselves, eat by ourselves....

I learn to read and write

In standard 1,
I liked to

I liked to eat

I liked to wear

Paste or draw a
picture of yourself as a
baby here



I am learning to walk and talk

When I was a baby,
I liked to

I liked to eat

I liked to wear



Now I learn to add, subtract and multiply!

In standard 3,
I liked to eat _____

My favourite person _____

I liked to wear _____

I came to school by _____



Now...

I like to eat _____

My favourite person _____

I like to wear _____

I come to school by _____

Now I learn geography, history!

Paste or draw a picture
of yourself now here



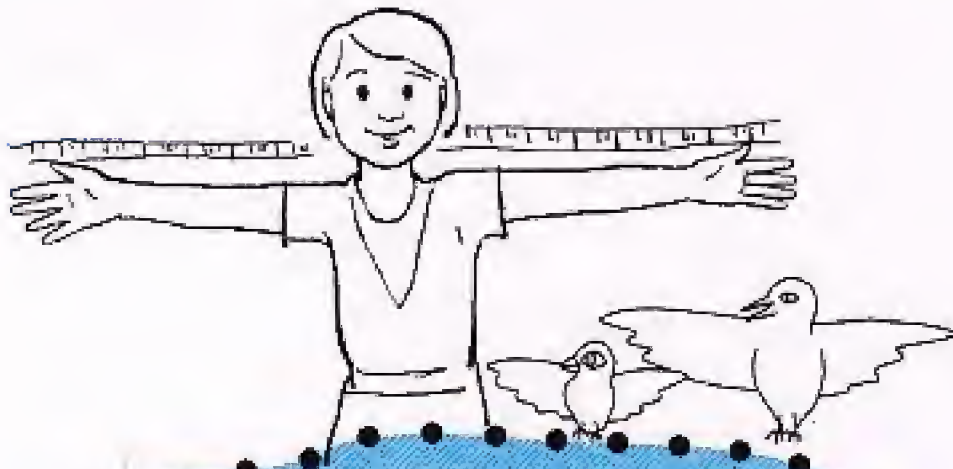
ooh! Look at
you!



We keep growing- our minds keep growing till we die.....
We keep learning new things....



s we grow... our minds and bodies grow. The first to grow in the body are the bones in the hands and feet. That is why growing children sometimes seem to have extra long hands and feet. The rest of the body then catches up.



TRY THIS OUT

Stretch out your arms.
Measure out your span from finger
tip to finger tip. Note it down.

_____ cms.

Now measure your height. Note it
down.

_____ cms.

What do you find?

Did you know?

You get taller because
the bones in your body
and legs grow longer.
Some bones start to
grow before others. The
bones in your feet start
to grow before other
bones. Your feet reach
their adult size before
you've reached your adult
height.



ALSO TRY THIS

Put your foot against your
forearm from elbow to
wrist. In adults both will be
equal.

(In children feet will be
slightly longer).

This is how our body is built to proportion.

Can you find any other such proportions? Write them down
here. (Try to see the links between fingers and nose etc.)

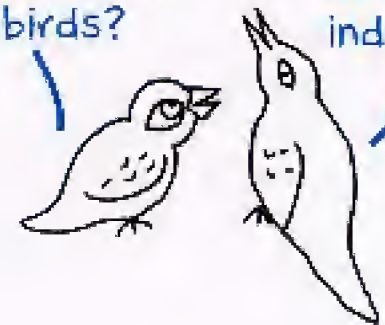


Look at the picture below. Can you write how our bodies change from child to adult?

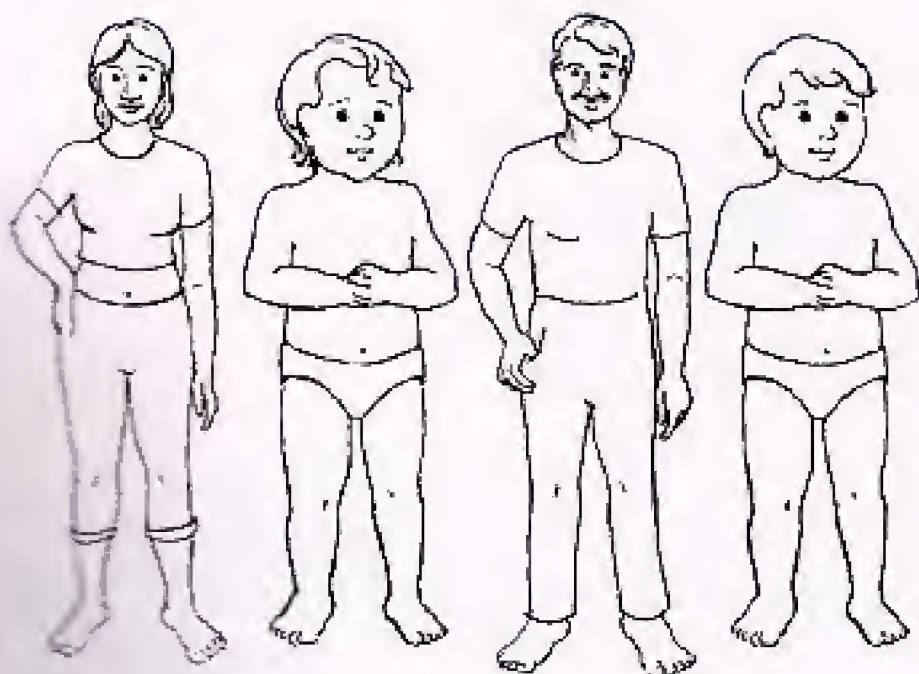


does this
happen in
birds?

humans
are
strange
indeed!



Can you see a proportional difference between the babies head and that of the adults? Write down what you see.



Match the following.
 The big blue words are different things that influence the shape of the body.
 In the light-coloured balloons are clues of how that happens. The rest are
 the same points for us to think about. Join the matching points in the circles to get
 groups of 3. (One is done for you)

What do I eat? Is it mostly
 starchy/processed foods?
 Do I eat enough raw
 vegetables and fruits?
 Does my food have enough
 protein in it?

How similar do I look to either one
 of my parents?
 What physical features do I share
 with my relatives?

I wish I had
 wings like an
 eagle

a crow is
 a crow
 wherever
 we go!



Food

Genes are passed on from
 parents to children. These
 determine how we look, the
 colour of eyes, skin, etc.

All forms of exercise
 shape our bodies.

Genes

Foods determine the
 shape of the body.
 People in some situations
 or environments don't
 have access to enough
 good food. As they gain
 access to more and
 better food, people grow
 taller than before.

Exercise

Climate

Do I cycle to school, or walk?
 Do I work after school?
 Do I play games like football,
 cricket, kabbadi?

Our body adapts to the kind of work that we do. Those working under the sun in fields or in the open get dark skin and also develop a stooped posture. Their bodies are different than those working at a desk. The kind of work we do affects body growth and also the shape of the body.

How different are girls' and boys' body shapes?
At what ages are the differences most marked?
What are the special bony differences in both sexes?

Work

Bodies change with age, as people grow older. After about age 9 our hands, legs and trunk grow longer and our 'proportions' begin to look more adult. In middle and older age, the body changes shape again and again.

Is my work more physical or more mental?

The bony structure of females after age 12 shows some marked differences from males, especially in the jaw and pelvic bones. The female pelvic bone ('pelvic girdle') is wider so women can give birth to children. In males the jaw is generally more angular and square, compared to the more rounded female jaw. The male skeleton may be heavier.

Age

Does my family originally come from a hot sunny region?
Or are my ancestors from a colder climate?

mine comes from the house next door!



Sex

Male/Female

The climate where we live or have come from also affects our body shape. People who originate in a hot climate tend to be dark skinned and broad nosed. People who live in colder climates tend to have lighter skin. Their nostrils help maintain their body temperature. Our bodies 'evolve' partly in response to the environment.

Why are babies' heads comparatively larger?
When does our body start to look like the adult shape?
When do girls' and boys' body shapes start to differ?
What happens to body shape when people grow old?

too many questions!



While there are similarities in families, communities and along races, each one of us looks **different**. Yet, all are perfectly **NORMAL**.

Here is a poster to keep. Draw yourself in the place given. Give it a caption.



Caption:



Look at the pictures below. List the actions in the picture.
Mention all the parts of the body used in each action.



Action

Part of the body used in the action

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In each action we find that the brain has a role. It tells the body what to do.



Now imagine a woman is climbing a very high mountain. She uses her body, i.e. legs, hands, neck, eyes and brain to climb. Yet, when she is tired and the climb is difficult something tells her to go on...to keep climbing. It is like an inner voice.

What is this 'inner voice'? It is the mind. the mind plays an important part in each action. It also tells the body what to do. But ... where is the mind?

It is in the brain	True	False
It is in the heart	True	False
It is all over the body.	True	False



The mind and body are one. Sometimes, we say, 'I am scared', 'I am a good dancer', 'today I do not feel in the mood'. These are our feelings, our ideas about ourselves.

Our Feelings, our ideas, our experiences can change, grow and develop. All these together make up the MIND.

In every action our bodies, minds and feelings work together. Sometimes hunger, tiredness or pain in the body also trigger off feelings. Hunger and tiredness can make us irritable and angry. Pain can make us feel like crying. Feelings cause our bodies to react in ways that we can see. Feelings also cause our bodies to react in some ways that we cannot see or feel.

Write how your body shows the following feelings. Can they all be seen? You can select some from the words given below. Add you own as well.

If I am angry _____

If I am sad _____

If I am scared _____

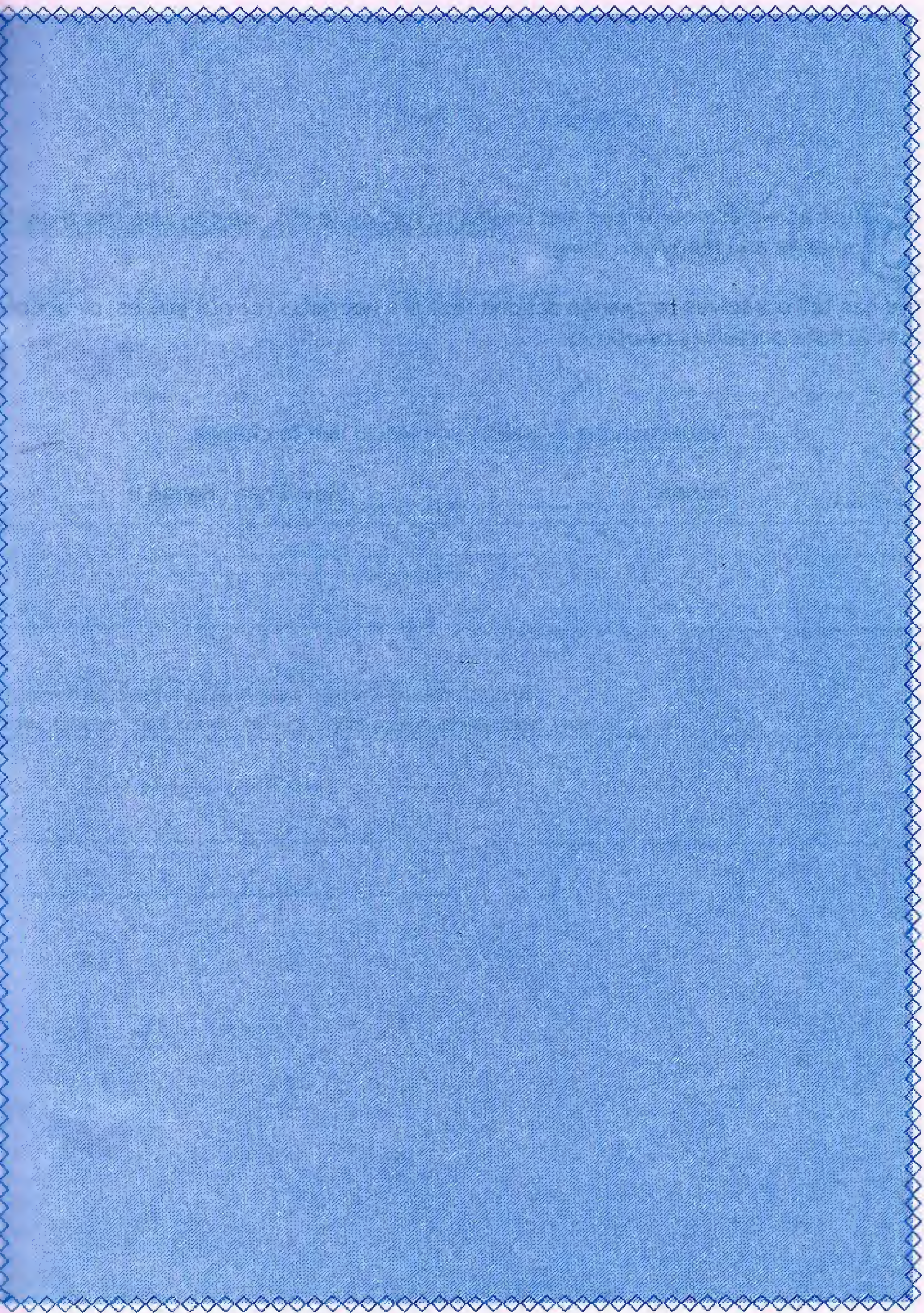
If I am excited _____

*my muscles tighten up *my face gets hot
 *I have a funny feeling in my stomach *my pulse starts to race
 *my heart starts beating faster
 *I laugh *the hair on my arms stand up
 *I start to suck my thumb
 *I start to cry *I feel like going to the bathroom
 *my toes curl up

Stop it!
 The cat
 has gone!



Draw your happy self.



Just as we use our minds and bodies to run, cycle etc., we can also use them to change and learn new things.

We can tell ourselves to change actions that are not good for our bodies, or actions that irritate ourselves or others.

Name actions or habits you would like to change.

Action	How I can change it



Name actions or habits you would like to learn.

Handwriting practice lines consisting of seven horizontal wavy lines.

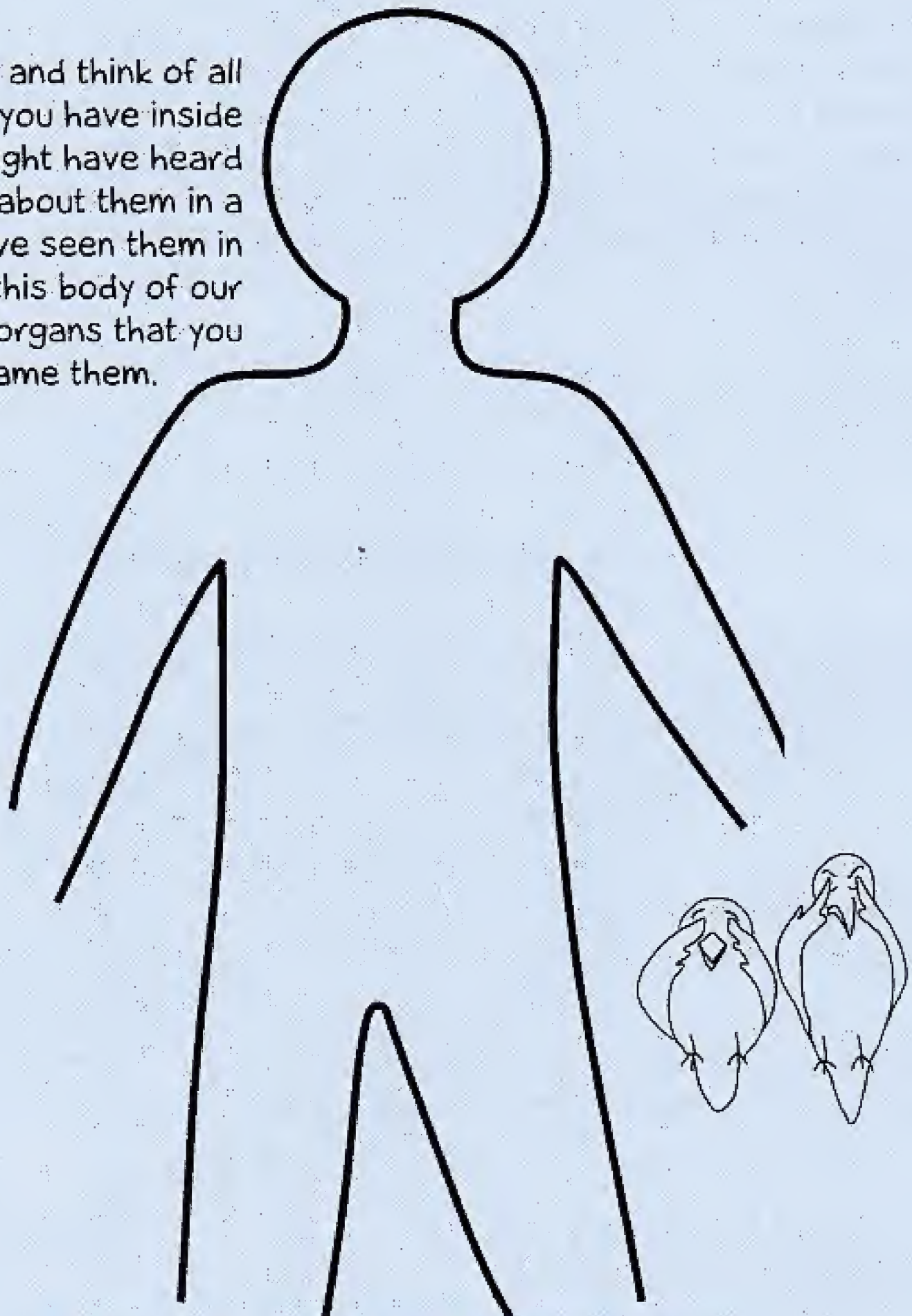
Our minds, feelings and bodies are all connected.
Now, Let us see more of how this interconnection works...

Me and

My Body

All actions, movements and feelings are expressed by the mind and body together. In the coming pages we will read and write more about the body and the amazing world of organs inside.
Let's get ready for this journey:

Close your eyes and think of all the organs that you have inside your body. You might have heard of them or read about them in a book. You might have seen them in pictures. Inside this body of our friend, put in all the organs that you know of and name them.



Do not worry about how good the drawing is.

Let's find out more about the organs...

The Brain

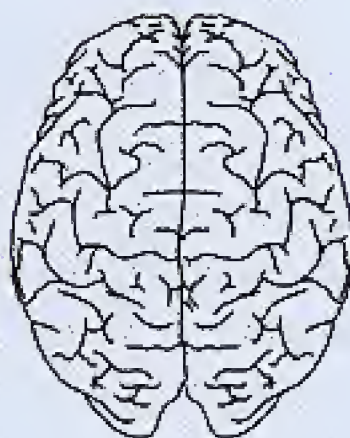
Girls have
smaller brains.
May be half a
kg....

Are you mad?? There
is no such difference.

We'll start with the brain, the thinker.

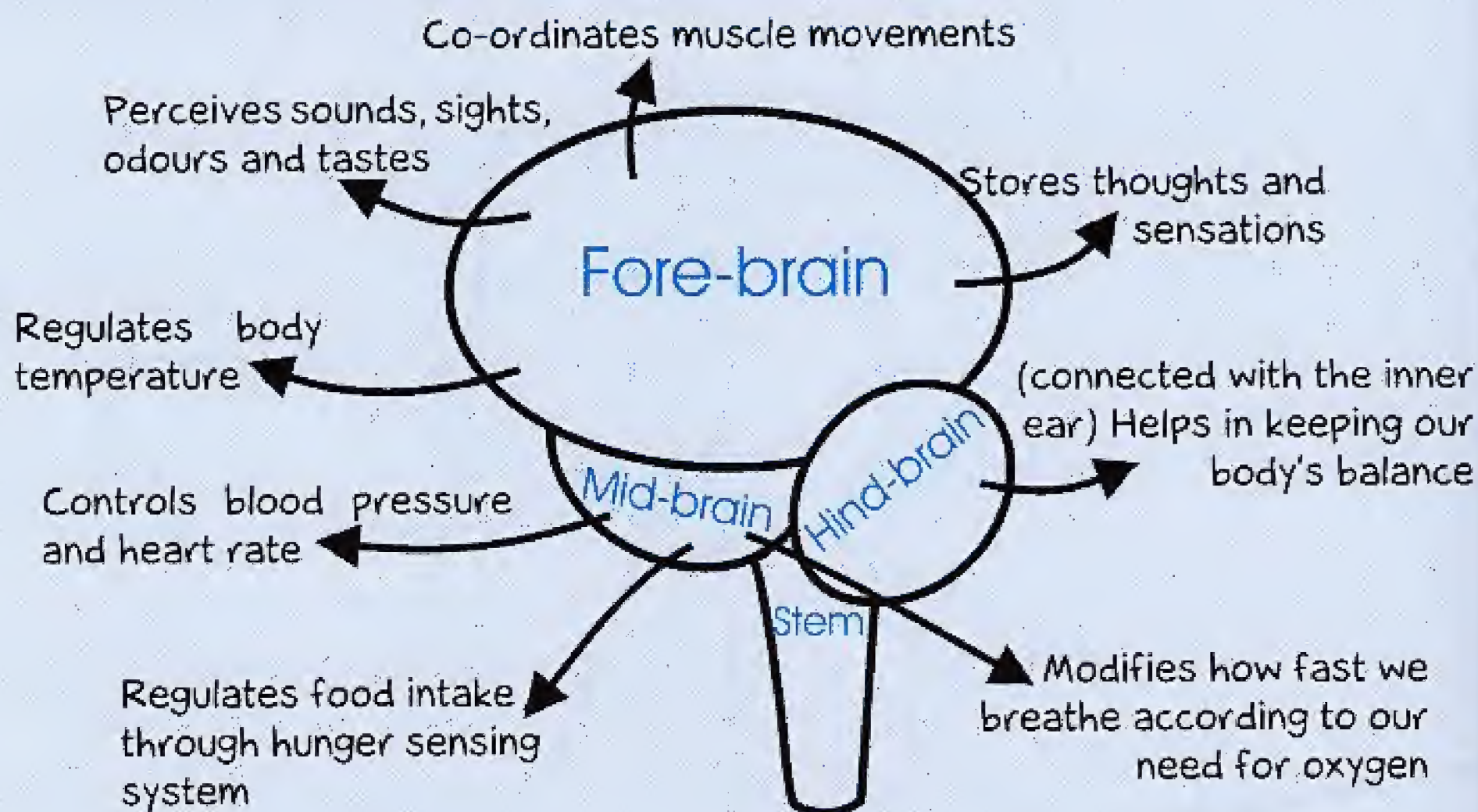
This is the main co-ordination and control centre. It controls your thoughts and feelings, and all the movements you make.

The brain weighs around 1 kg and 85% of it is water. Though it looks more like a walnut, it is actually like a jelly..



The skull in which the brain is placed acts as a helmet and protects it from any injury or damage.

WHAT DOES YOUR BRAIN DO?



Colour the different parts of the brain using different colours

Look at the pictures and write which part of the brain is involved.



Amit is feeling very hungry.
His _____ brain is at work.



I think his
stomach is
at work!

Neha is doing floor exercises.
Her _____ brain controls all
her actions.



Nina feels very sick
and dull when she
travels by a bus. Her
_____ brain and
the inner ear are
responsible.

I hate bus
journeys.



For keeping well, our brain needs

- Regular and enough sleep
- Enough food
- Plenty of oxygen from clean and fresh air
- Exercise



The Lungs

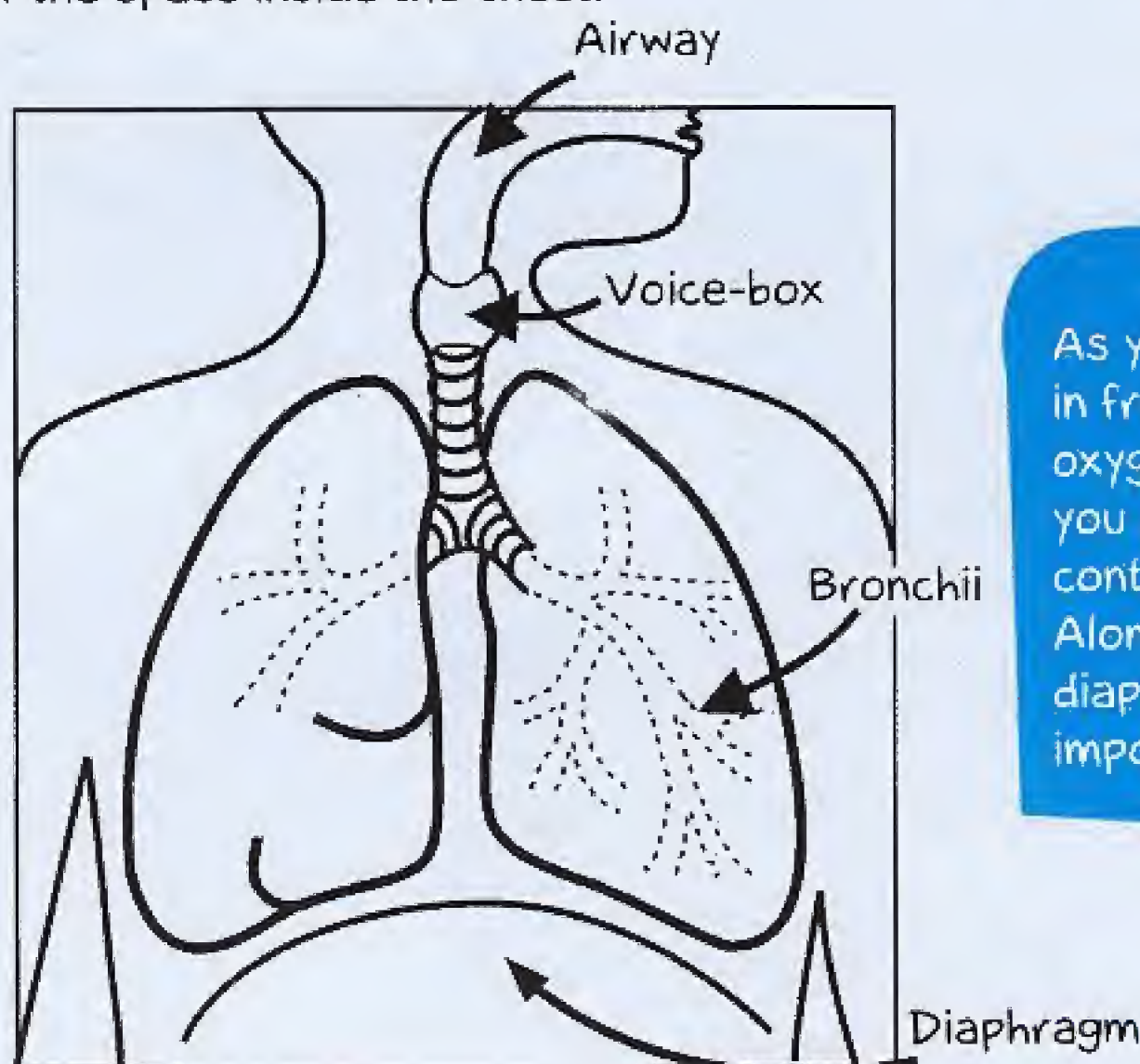
What's something that you do all day, every day, no matter where you are or who you're with? Tick any one option.

- a. Think about food
- b. Bite your nails
- c. Breathe



Some of you might choose a. or b. But every single person in the world has to say c. Breathe. Breathing air is necessary for keeping us alive. And which is the organ that is in charge of breathing? If you guessed your lungs, you're right!

We have two lungs, one on the right side and one on the left side. They take up most of the space inside the chest.



What is breathing?
As you breathe in you draw in fresh air which contains oxygen. As you breathe out you release stale air which contains carbon dioxide. Along with lungs, the diaphragm plays a very important role in breathing.

Colour the lungs

- Close your eyes. Breathe in and out slowly. Focus on your breathing to see what it generally feels like.
- Then keep two fingers in front of your nostrils to feel the breath. Did you feel your breath? What did it feel like?
- Was it warm or cool? Was it forceful or soft?

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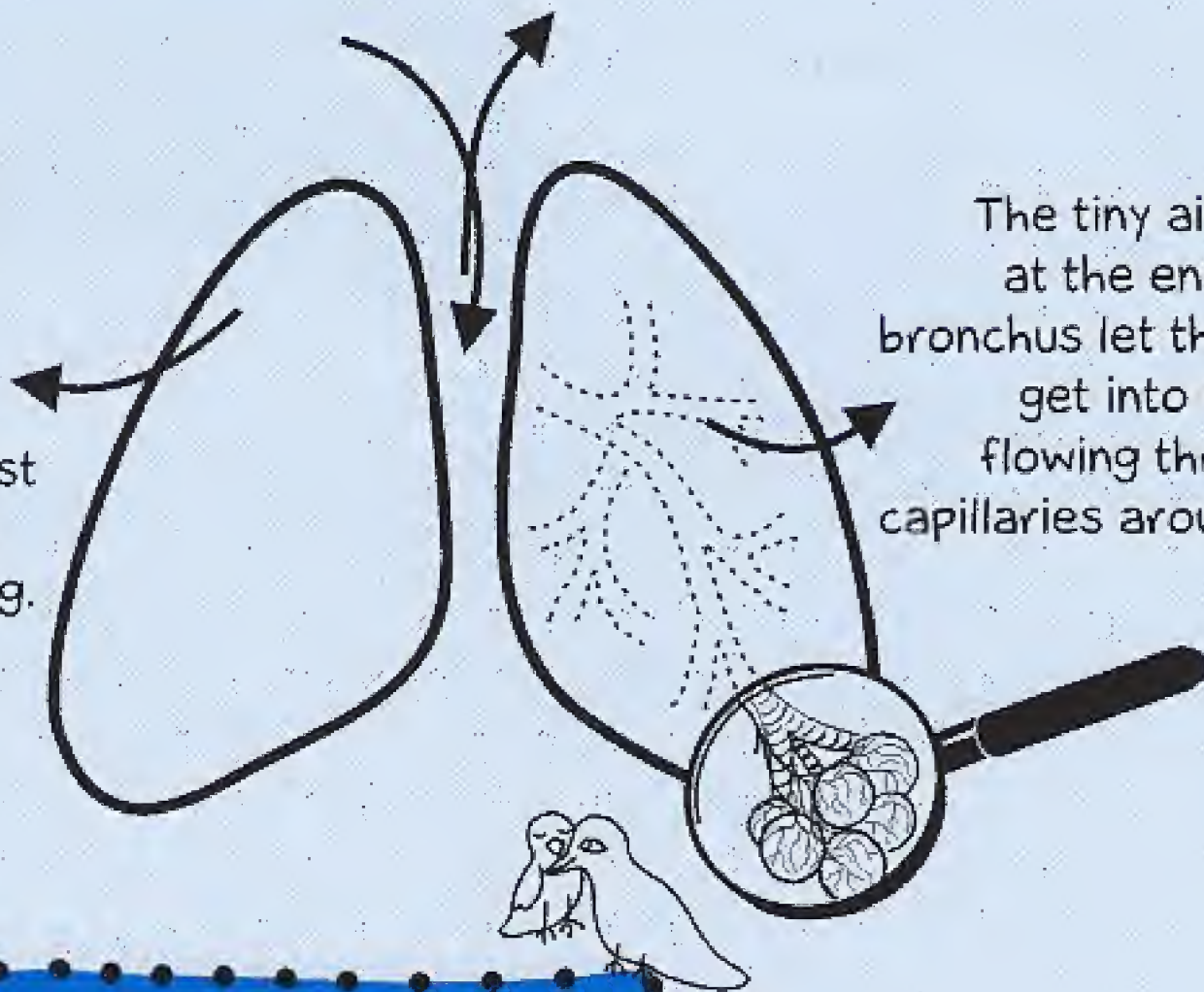
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## WHAT DO THE LUNGS DO?

Lungs inhale air with oxygen and exhale air which contains carbon dioxide.

The lungs act as a pollution control body and remove toxins from smoke and dust that go inside while breathing.



The tiny air bubbles at the end of each bronchus let the oxygen get into the blood flowing through the capillaries around them.

Listen to breath sounds of another person  
Putting your ear close to the chest, ask the person to breathe in and out slowly.  
What are the sounds like?

What do different breath sounds mean?

Normally, clear breathing sounds like wind. It is clear and soft.

If the sounds are dull and damp, there is a possibility of a barrier like mucus in cold and cough.

If you listen to more people's breath sounds, see if they are different. Also, if possible, listen to some animal breath sounds!



For keeping well, our lungs need

- A lot of fresh air
- Inhaling steam to keep them clean

Our lungs have a self-cleaning mechanism that keeps germs and dust away. But pollution on the roads and smoke can damage our lungs.

Smoking cigarettes has to be avoided, as lungs cannot clean up the soot and other matter that goes in with the puff.



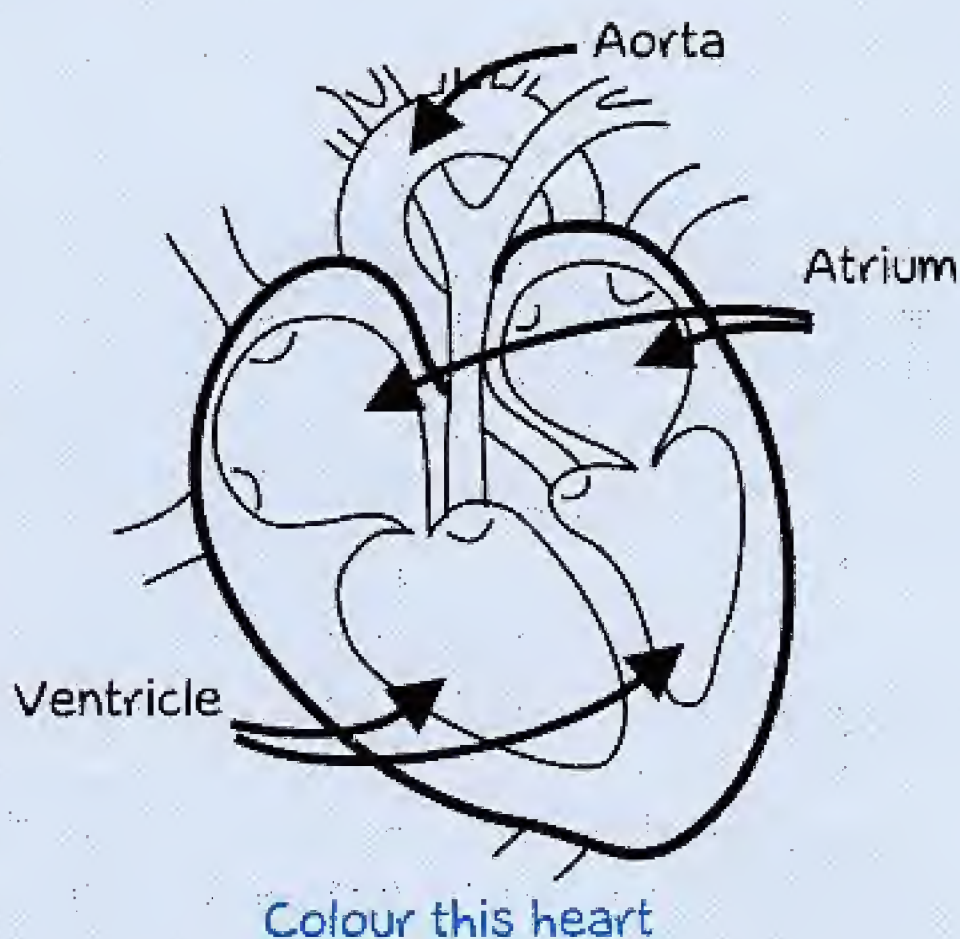
Let us try and keep our environment clean and healthy.

The lungs work in co-ordination with the heart. Let us now find out more about the heart.



# The Heart

The heart is a hollow muscular organ. It works as two pumps that pump blood to all the body parts. Clench your fist and look at its size. Surprisingly the heart is just the size of your fist.



## MORE ABOUT THE HEART

The heart beats more than 1,00,000 times a day!

The pump on the right side of the heart receives the blood that has been pumped around the body and sends it to the lungs.



The oxygen-rich blood from the lungs comes to the left side of the heart and is pushed out to every part of the body.

Pulse is the heart beat transmitted through arteries.

The heart pumps around 5000 litres of blood everyday.



Feel the pulse

The best place to feel the pulse is on the wrist. You can feel your pulse by putting a finger along a straight line across your wrist from the base of your thumb.



- Count your pulse rate and what factors affect it:
- Find a watch or a clock with a second hand. Find your pulse and when you feel it, count it for 1 full minute.
- What is your normal pulse rate?
- My pulse rate: \_\_\_\_\_ per minute.
- Now jump up and down for a while and count your pulse.
- It is \_\_\_\_\_ per minute.

You can also see your pulse. Wondering how??  
Take some plastic clay or dough for chapati. Take a little dough or clay and put it on the wrist where you feel your pulse. Now push one end of a match stick into the dough. It should stay upright. Now watch carefully. The stick vibrates with every heart beat. Count how many times it moves in a minute.

FOR KEEPING WELL, OUR HEART NEEDS

- Resting after any kind of vigorous work or exercise.
- Staying calm and happy, and not getting angry very quickly.
- Eating green vegetables to make the heart strong.

In the space below, write a thank-you letter to your heart.

~~~~~

~~~~~

~~~~~

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# The Kidneys and Bladder

Kidneys are vital organs. A person can live with one kidney but not without both. They are placed in small of the back and weigh 1% of your weight.

The job of the kidneys is to keep blood just right, not too thin, not too salty, balanced with right mix of minerals and cleansed of wastes. Everything in the blood that should not be there is trickled away as urine. Urine is stored in a stretchy bag called bladder. Bladder can contain upto 500 ml of urine. However the desire to urinate begins when the bladder is half full.

Sometimes your urine is darker in colour than other times. If you don't take in a lot of fluids or if you're exercising and sweating a lot, your urine has less water in it and it appears darker. If you're drinking lots of fluids, the extra fluid comes out in your urine, and it will be lighter.

## FOR KEEPING WELL

- Drink lots of water.
- Relieve yourself on time. It does not put pressure on the bladder.
- Salted food and aerated drinks put pressure on your kidneys. So try and avoid them.

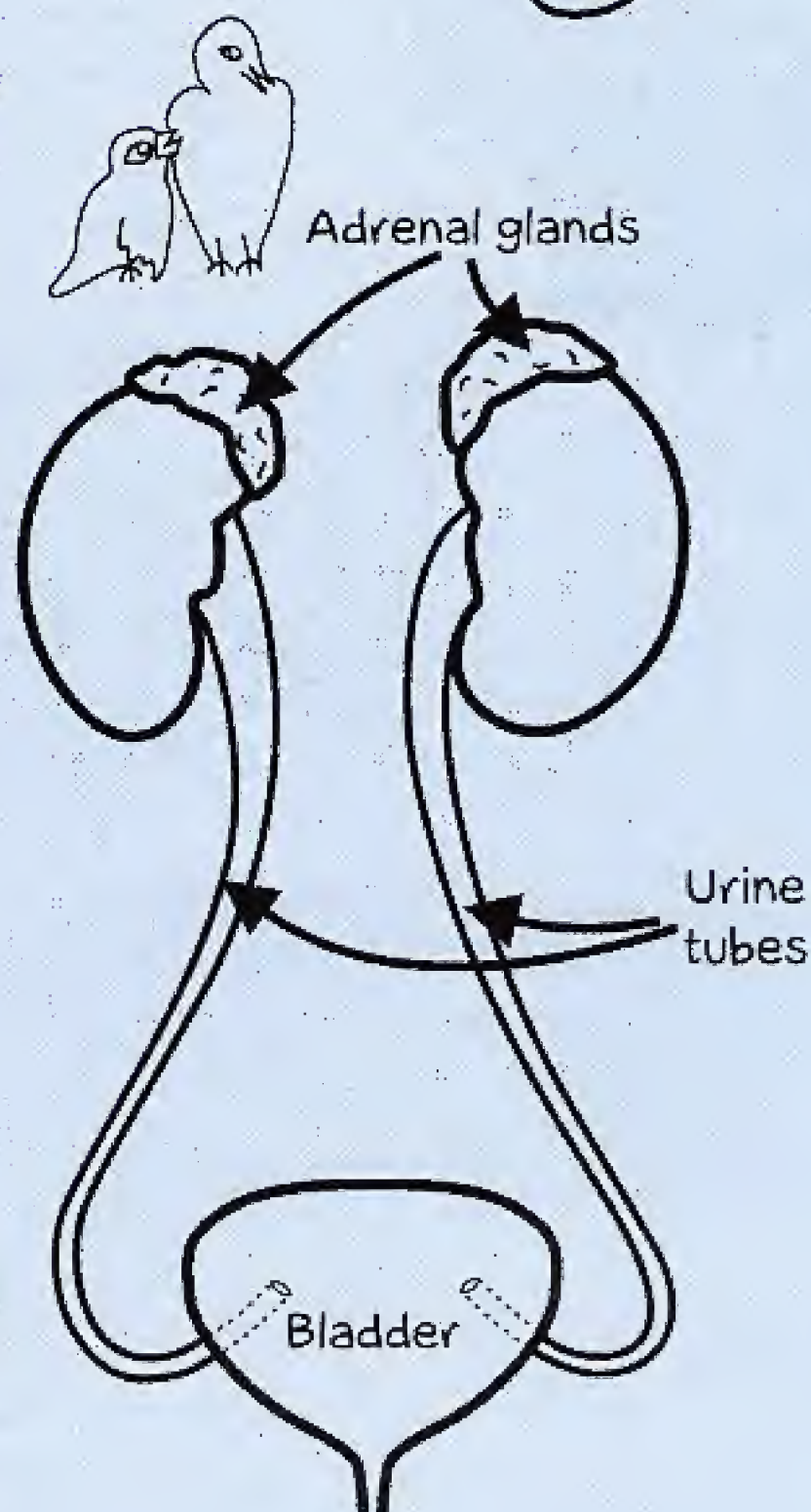
## Whose kidneys will be healthy?

- Rahul drinks coke and eats salted chips everyday.
- Sana drinks lots of water and eats fresh fruit.

☒ Rahul

☐ Sana

Our kidneys look exactly like this bean. They work like filters and get rid of toxic wastes from blood. Around 2200 litres of blood flows through the kidneys everyday.



Colour the kidneys



# The Digestive Tract

Have you ever wondered where all the food that we eat goes? What really happens to food after we swallow it? Let's now follow our food. We might get some answers to these questions.

Food has now entered the mouth, where it is getting chewed and mixed with saliva. The tongue is pushing it into a tunnel called the food pipe. It is very dark inside and after a short journey of 10 seconds it has entered a flexible, stretchy balloon.

Take a rubber tube. Take some play dough. Now try and squeeze this dough through the tube. Does it go very easily?

Now take some sand and mix it with the dough. Try to push this through the tube. Is it easier to squeeze?

Sand makes it coarse and helps it move smoothly. In the same way, fibre in our food helps in digestion.

The appendix is a small tail-like pouch with a dead end, with no function in humans. It sometimes gets infected. It is part of an organ and not a worm.

Small intestine

Large intestine

Finally, what went inside the mouth as food comes out as waste after being fully digested. This entire journey took almost 24 hours. In this journey all that is necessary for our body got absorbed.



This is the stomach. It is like a big blender. Our food is now being churned. Soon it will look like soup. Some juices come from spouts on the walls of the stomach. They get mixed into the soup. Some more food comes in and the churning never stops. The balloon stretches as more food comes in. It lets it go very slowly. It takes in all the food eaten but slows it down.

Take a balloon.  
This empty balloon is like  
an empty stomach.  
Now fill it with water. This  
is how your stomach can  
stretch!



After a long stay of three hours, the food, turned into a soupy mixture now enters a tube which is curled up. It is very very very long, almost 8 meters.

But you know what, it is called the

**Small Intestine!!!**

**Did you know?**

If we drink lots of water while eating, digestive juices in the stomach get diluted and washed away with the water. The stomach has to work harder to produce more juices.

So do not drink water with your meals. Try and drink it half an hour before or apart from meals.



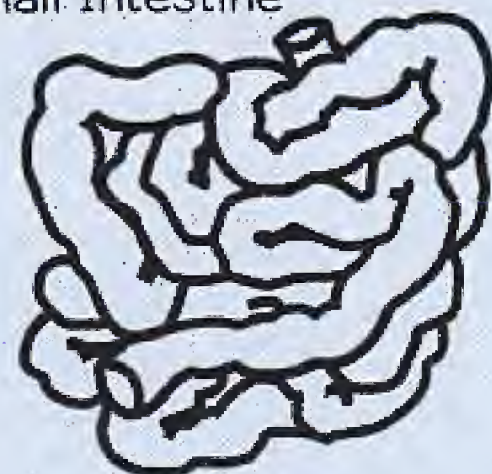
The small intestine moves and churns continuously. There are some more juices that are mixed and the soupy fluid moves from one loop of the tube to another, it moves ahead like we squeeze out toothpaste.

Slowly but steadily, our food moves ahead.

Now it looks more like clear soup mixed with some fibre.

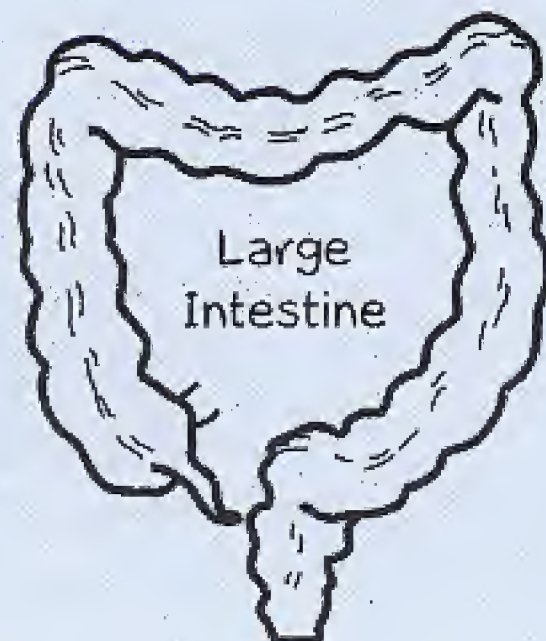
The small intestines takes away all the nutrients, water, minerals and essentials from the food. These are transported to a warehouse called the liver. We will visit that later. What remains is waste from fibre, some water and salts.

Small Intestine



Now the food has reached the last station on its journey through the digestive tract. It has now entered the...

**Large Intestine** which is shorter in length but larger around. This tube is less than 2 meters long. The remaining matter moves around in the large intestine, water and salts are absorbed and some mucus and bacteria are added to the wastes. Now the solid wastes have been turned into stools and wait in the rectum to be pushed out.





# The Liver

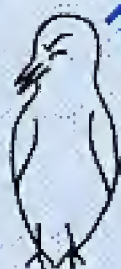
Now let's visit the warehouse. But it is more than that. It is a warehouse and a shipping company, a toxic waste disposal system, a recycling plant and a vast chemical industry all combined in a single organ!!! Well, that is what the liver is.

It is smooth, cone-shaped, reddish brown organ. It is located in the upper right part of our abdomen. The liver is the largest and heaviest internal organ.

Imagine that!

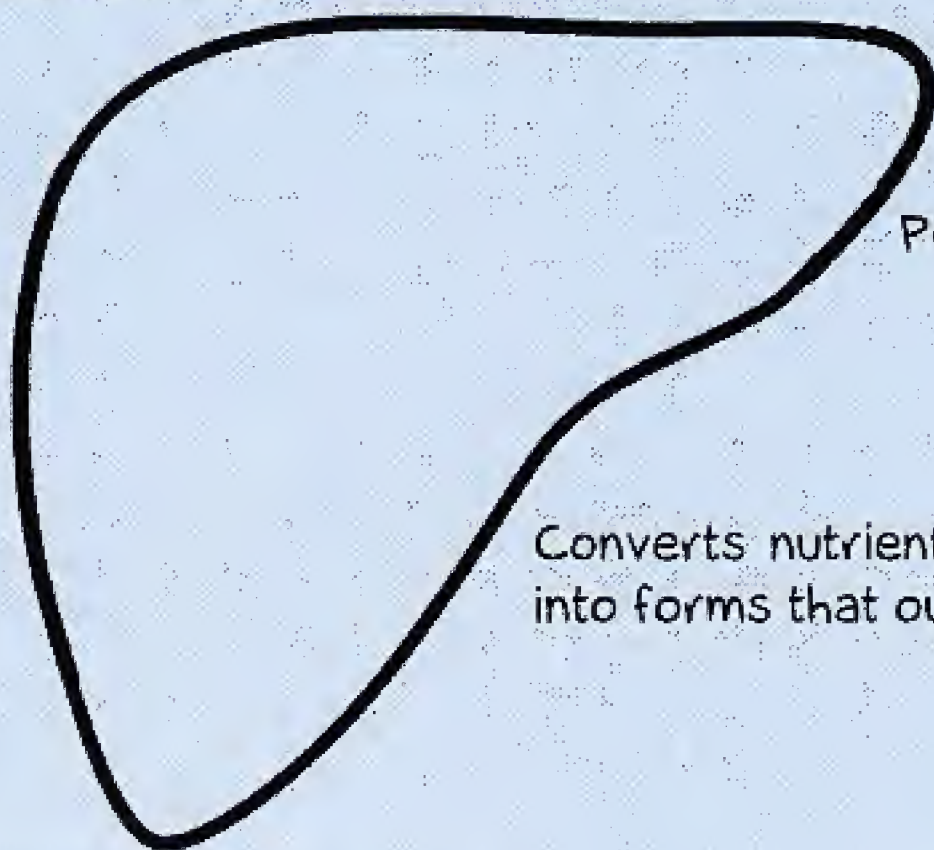


I don't want to



## WHAT DOES YOUR LIVER DO?

Stores nutrients for later use.



Produces bile which digests fat.

Converts nutrients from our food into forms that our body can use.

Works as a toxic waste disposal plant. Removes toxins from all food or drinks that get consumed.

For keeping well, the liver needs you to

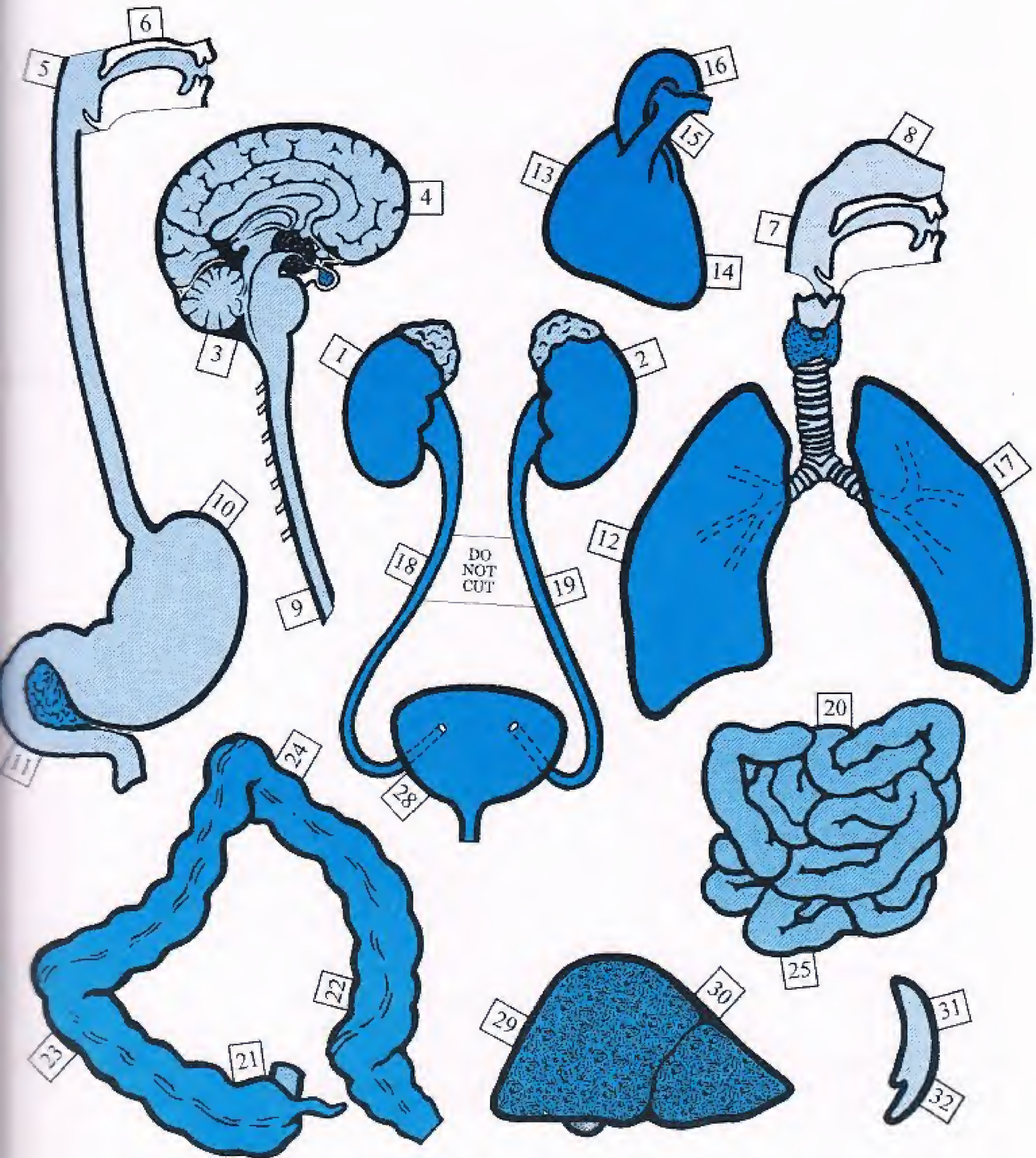
- avoid consuming toxic substances like alcohol, drugs or tobacco
- eat papaya and banana which help it to function well

So now we know where our food goes. It took almost 24 hours for it to get completely digested.



So, here ends our journey of the body organs. We looked at the vital organs inside the body. Now let us put all of them together and see where and how they are placed.

Cut out along the outlines, keeping the tabs. Then fix into the figure on the back cover after cutting the slits marked.





Did you like our journey into the amazing world of the organs inside?  
Let's see if you remember some things about those organs.

Here is a short quiz on our body. Tick the option you think is correct.

1. Which organ controls feelings and thoughts?  
a. Heart b. Brain c. Kidneys d. Liver

2. My work is to pump blood to all the body parts. Who am I?  
a. Lungs b. Arteries c. Heart d. Brain

3. You can hear my sounds when you are hungry. Who am I?  
a. Heart b. Stomach c. Liver d. Lungs

4. We work as filters and keep the blood just right for the body. Who are we?  
a. Bladder b. Intestines c. Liver d. Kidneys

5. Who is a Big Blender in the digestive tract?  
a. Food pipe b. Small Intestine c. Stomach

6. How long is the small intestine?  
a. 6 feet b. 17 feet c. 23 meters d. 23 feet

7. What does the liver do?  
a. breaks down food. b. stores nutrients  
c. pushes food to stomach d. pushes stools out

8. How long does it take for food to be fully digested?  
a. 3 hours b. 6 hours c. 12 hours d. 24 hours

9. Your heart is a size of your  
a. Head b. Chest c. Fist d. Palm





Girl or boy?

Does it really  
matter?



# What is a girl?

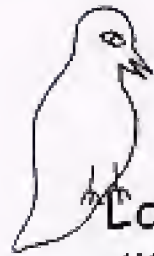


# What is a boy?





On the previous page, circle all the words that show difference in their bodies or physical structure. For example, shape of body, moustache, etc. These are physical or biological differences. The biological and physical differences are called SEX. Do you know any more **biological** differences between girls and boys? Write them down here.



Look at the organs below. These organs are different in boys and girls. Cut them and put them according to their numbers on the body outline. First put the uterus. It becomes a girl. Then take out the uterus and place the penis and testicles. It has become a boy. now.

## Did You Know?

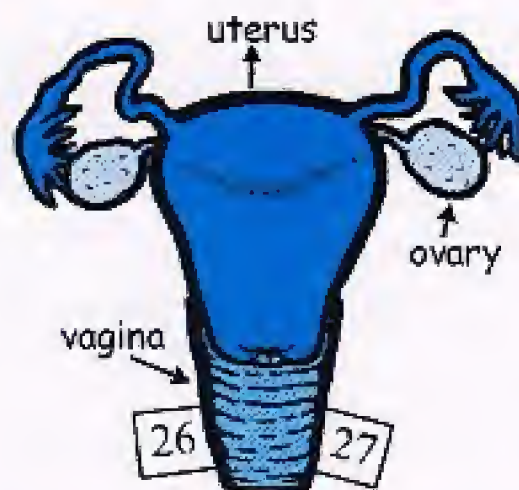
## What is Sex?

Very often in forms we have to fill, there is a column which says  
SEX: Male / Female

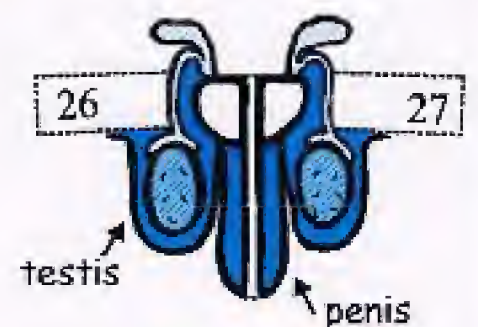
The biological or physical construction of the human body determines the sex that means: whether the child is a male or a female.

## What are genes?

Inside every cell of each living thing (plant or animal) are sets of instructions called genes. The genes provide the instructions on what is the plant or animal, what it looks like, and how it will interact with its surrounding environment. The genes are strung together in long stands of material called deoxyribonucleic acid (DNA) and these long strands are called chromosomes.



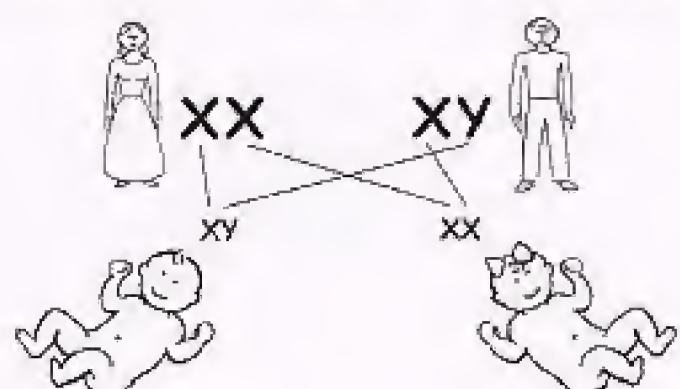
Girls have a uterus  
with ovaries and  
vagina.



Boys have  
testicles with a  
penis.

Most living things have pairs of chromosomes, one from each parent. Humans have 23 pairs of chromosomes.

One pair out of 23 pairs of chromosomes in our body determines sex. Girls have pair of XX chromosome. Boys have XY chromosome.





Now after you have placed these organs, look at the completed Body Puzzle. List the biological/physical differences in girls' and boys' bodies. Are they more than the similarities?

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The remaining words listed on the board are not related to body or physical structure. They are called social differences. Are the social differences more or the biological differences more? Say why.

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### Did You know?

What is Gender?

The social and cultural differences between boys and girls, men and women is called gender.



It is gender that determines what work girls do and what work boys do. Similarly, it also decides what kind of life women and men would lead.

How interesting! Male and female birds work differently. Is that gender?



### QUICK TEST OF YOUR MEMORY.

Fill in the blanks. You can peek at the earlier pages.

The \_\_\_\_\_ differences are called sex.

The social differences are called \_\_\_\_\_.

The Sex of the child is determined by \_\_\_\_\_.



Given below are two pictures. Study them well and answer the questions.



1. Now tell if the baby in the first picture is a girl or a boy. Explain why you think so.

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2. Now, in the second picture, is the baby a girl or a boy? Explain why you think so.

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3. Why are people happy when a boy is born? List 3 reasons.

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Now read Gita and Hari's story. Read it carefully and write your answers in the place given below.

Gita and Hari are both studying in standard five. Before coming to school Gita goes to fill water. Then she sweeps the house, helps her mother prepare breakfast, and then hurries to dress up for school. She meets her friends and they walk to school together. Hari gets up just in time for school. His bath water is ready. He has a bath, breakfast and then cycles to school.

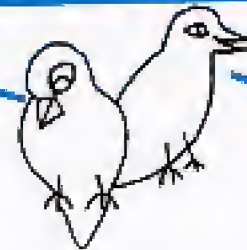


After school, Hari goes with his friends to the nearby open space to play cricket. Gita walks home with her friends. Once she reaches home she starts to prepare the meal for the family. She cleans the house, the dishes, washes clothes and fills water. After dinner, Gita does her homework and goes to sleep.

Hari finishes playing, and comes home. He eats a snack and then goes for tuitions. He comes back from tuitions, has dinner, watches some TV and then goes to bed.



This is unfair!



Lucky Hari!

Hari

List all that Gita and Hari do in one day.

Gita

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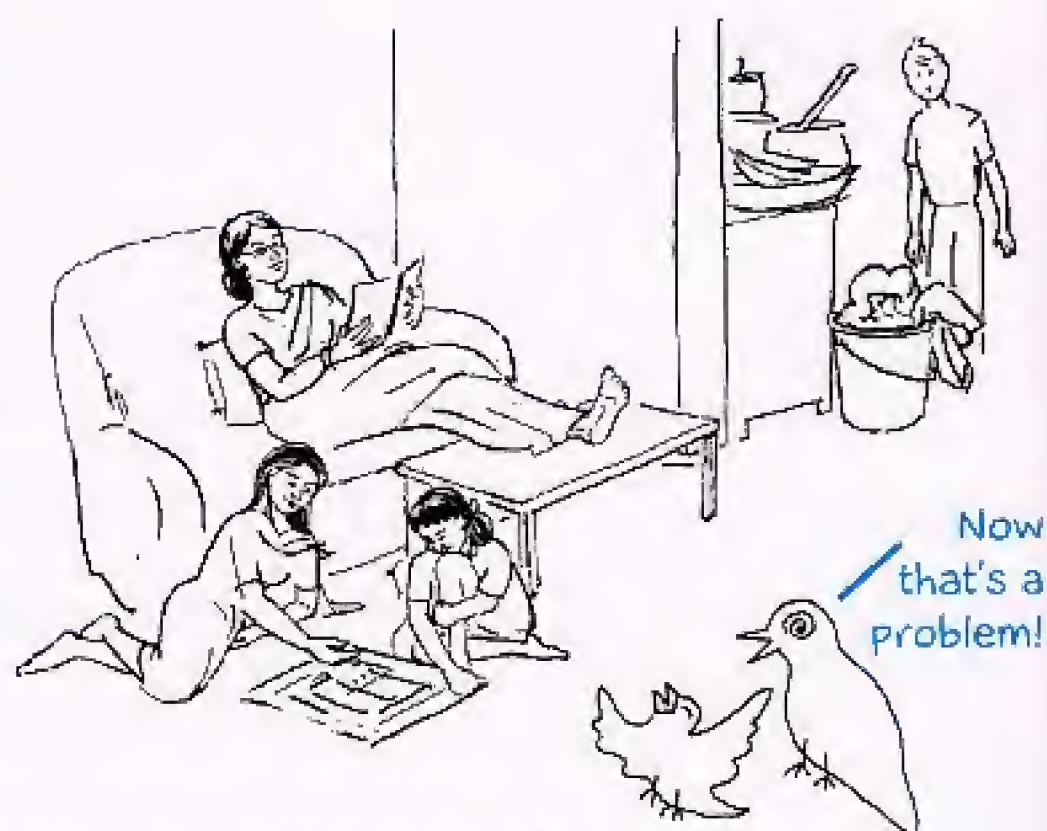
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All Gita's friends spend their day like her. They do not play on the ground and have to do all the housework. Boys in their class and neighbourhood hardly do any housework and spend their day playing, chatting and roaming around.



Are the lives of Gita and Hari different? Why?



Write down in ten lines what would happen if all the women and girls in the house went on a holiday.

A large blue rectangular area with ten horizontal wavy lines for writing.

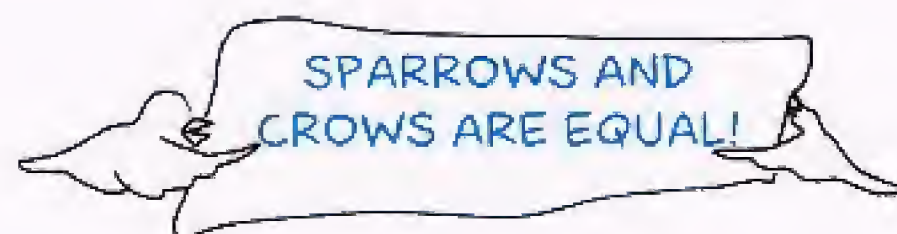


Write down three things that you can do in your house to reduce differences between the work done by girls and boys, men and women.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



Write a caption on equality in the banner provided. Decorate all around.



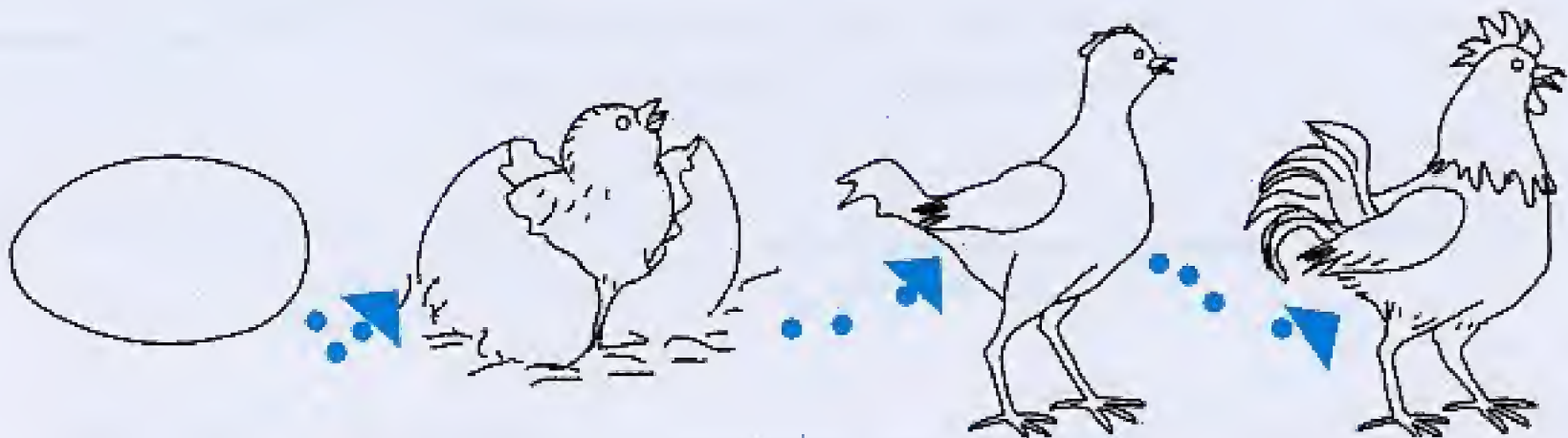
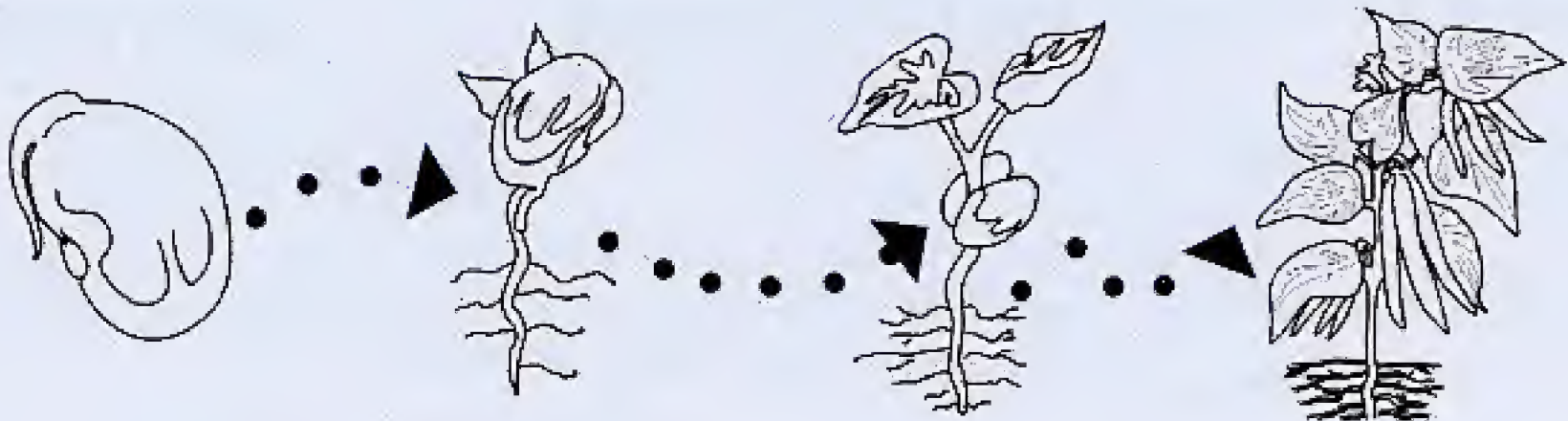


Growing up

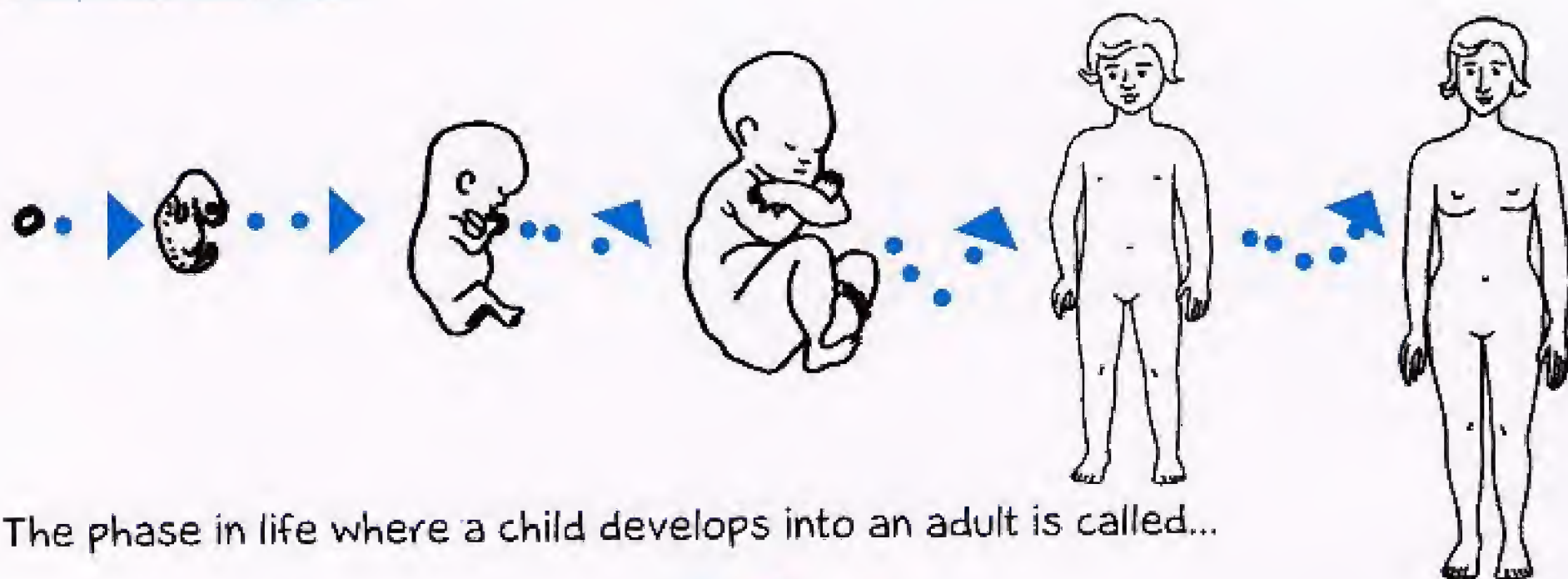


Look at the picture below and name the stages.

Every living being goes through various life stages. Every plant starts as a seed and grows into a fully grown plant. Similarly, all animals start their journey of life as an egg. Even in humans, the growth of baby starts even before she is born and continues till she reaches adulthood.





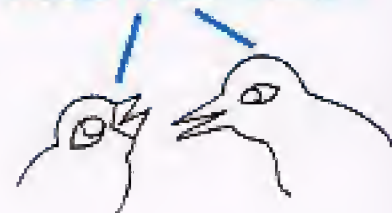


The phase in life where a child develops into an adult is called...

## Puberty.

Puberty is a time in your life when your body makes changes that cause you to develop into an adult. The growth and sex hormones in your body start working, and these make the changes of puberty happen. Every living being on the earth goes through these changes, plants and animals alike.

What about birds?



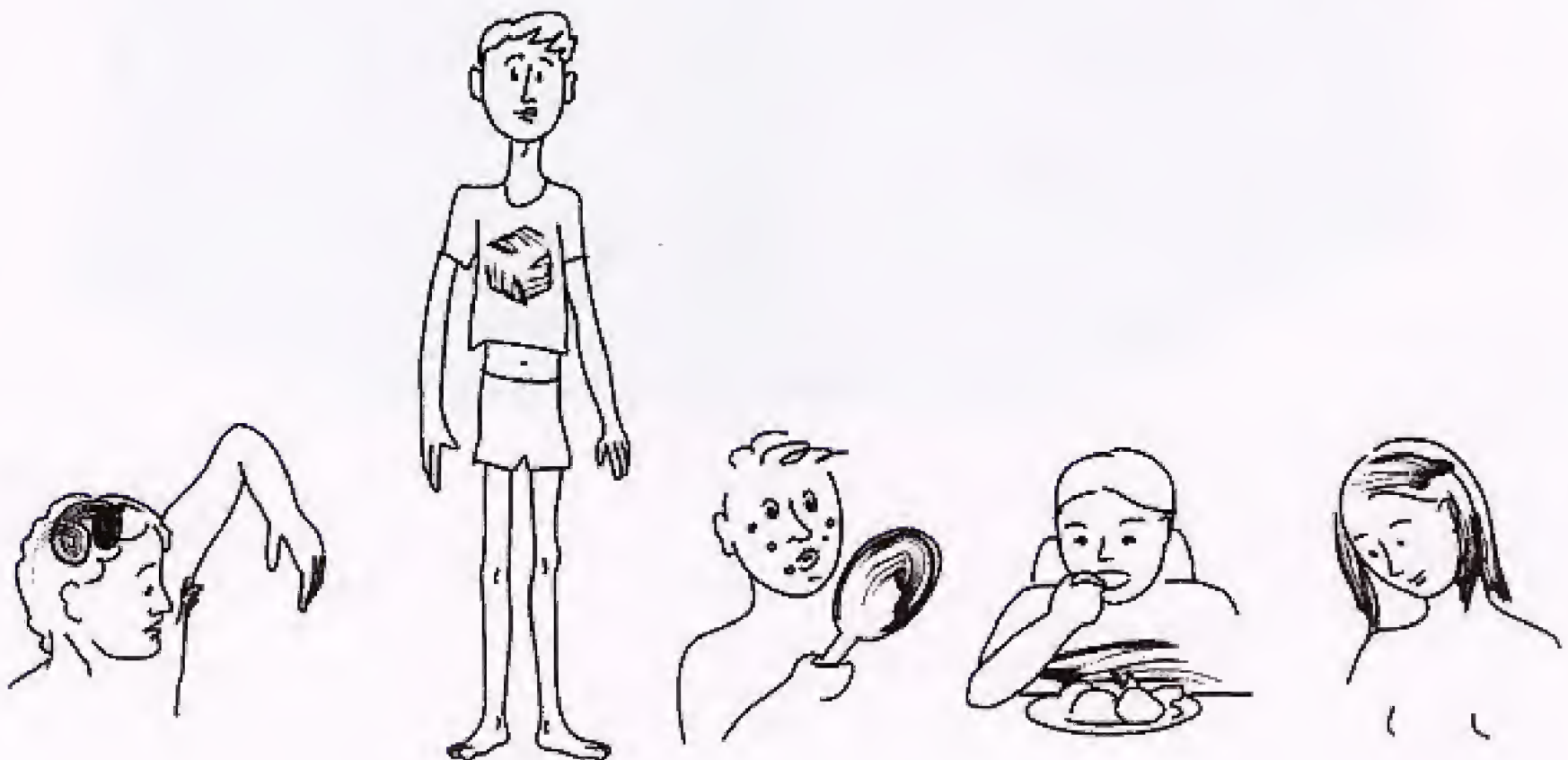
## Fill in the Blanks

- a. The fastest growth in the body and mind takes place between the ages of \_\_\_\_\_. (0 to 1, 5 to 6, 30 to 33, 11 to 12)
- b. The transitory time when children grow toward adulthood is called \_\_\_\_\_. (springtime, puberty, pre-adult)
- c. During puberty \_\_\_\_\_ start working. (new muscles, new hormones, new friends)
- d. Puberty marks entry into \_\_\_\_\_. (high school, adulthood)
- e. Puberty takes place at \_\_\_\_\_ for girls. (6 to 12, 9 to 13, 15 to 18)
- f. Puberty takes place at \_\_\_\_\_ for boys. (6 to 12, 9 to 13, 11 to 15)
- g. Puberty takes place at \_\_\_\_\_ time for all children.
- h. Puberty takes place earlier in \_\_\_\_\_. (girls, boys)





- Yuck!

[illegible]



Write down all the changes that you can feel happening inside your body.

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### A FEW THINGS TO REMEMBER

- whatever is happening inside your body and mind is perfectly normal
- every living being on the earth goes through this stage to become adult
- it is good to talk to someone if you are confused and want to know more about the changes



oh! I have grown!  
My name is \_\_\_\_\_  
I am \_\_\_\_\_ cm tall. I weigh \_\_\_\_\_ kg \_\_\_\_\_ grams.



## I LIKE TO

Read

Ride my cycle

Pester my younger  
sister/ brother/  
the dog

Play cricket

Meet my  
friends

Study

Listen to  
music

Today, I like all these  
things about myself:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today, I do not like these  
things about myself:

too much to  
think about!



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## I DO NOT LIKE TO

Read

Ride my cycle

Pester my younger sister/  
brother/ the dog

Play cricket

Meet my friends

Study

Listen to music

I am now \_\_\_\_\_  
years old.

I would like to live to  
be \_\_\_\_\_ years old.

When I grow up I would  
like be a \_\_\_\_\_

I would like to live in a  
house with \_\_\_\_\_ rooms.

I will marry/ not marry at all  
and have 1/ 2/ 4/ 10 children;  
1/ 2 / 4 / 10 dogs;  
1/ 2/ 4/10 cats.

Other things I will have are

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Now something more about myself. Given below are some statements. Choose those that match your nature. You can choose as many as you can.

- ☐ I am always happy.
- ☐ I am short tempered.
- ☐ I tell everything to my friends.
- ☐ I do not have friends.
- ☐ I can talk to my family members about anything. Mention who.
  - ☐ My parents do not talk to me much.
  - ☐ I am talkative.
  - ☐ I do not like to talk much.
  - ☐ I like to be with my friends.
  - ☐ I have a special friend.
  - ☐ I do not have anyone special as a friend.
  - ☐ I am very good at anything that I do.
  - ☐ I feel I always make mistakes.
- ☐ I am very happy when I am in school/ playground/ home.
  - ☐ I like to go out and play.
  - ☐ I feel scared of some people.
  - ☐ I am sad.



My most favourite person is ..... (Write a name)

I like him or her because .....

My friend is / friends are .....

A friend can be anybody. (Tick those that you agree with)

A school mate, somebody you travel to school with or somebody in your neighbourhood, a girl or a boy, bus conductor, the rickshaw driver, mother, father, sister, brother, the aunty next door, my grandmother, my uncle, my maths teacher, my sports teacher ..... (Add to the list.)



Listed below are some of the things children do. Some are done by friends and some are done by those who are not friends. Read them and put them under columns titled 'A Friend' and 'Not a Friend'.

plays, makes me do his or her homework, listens to me, cares for me, plays pranks, respects my feelings, teases, always there for me, a bully, hits, does not keep secrets, threatens, helps when in need, does not like my other friends, gets angry if I do not listen, is dominating, does not listen to others, keeps secrets, shares lunch/dabba, talks nicely,

*A Friend*

*Not a Friend*

|       |   |       |
|-------|---|-------|
|       | ● |       |
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(Add other things that you think are missing)

There are also some friendships or relationships which we are confused about.


A boy living in my building is my best friend. But sometimes he pinches me hard. Can he be my friend?

You and I are best friends!





If I am in trouble; or like something; or do not like something I can talk to.....  
Write names of all the persons you can talk to.



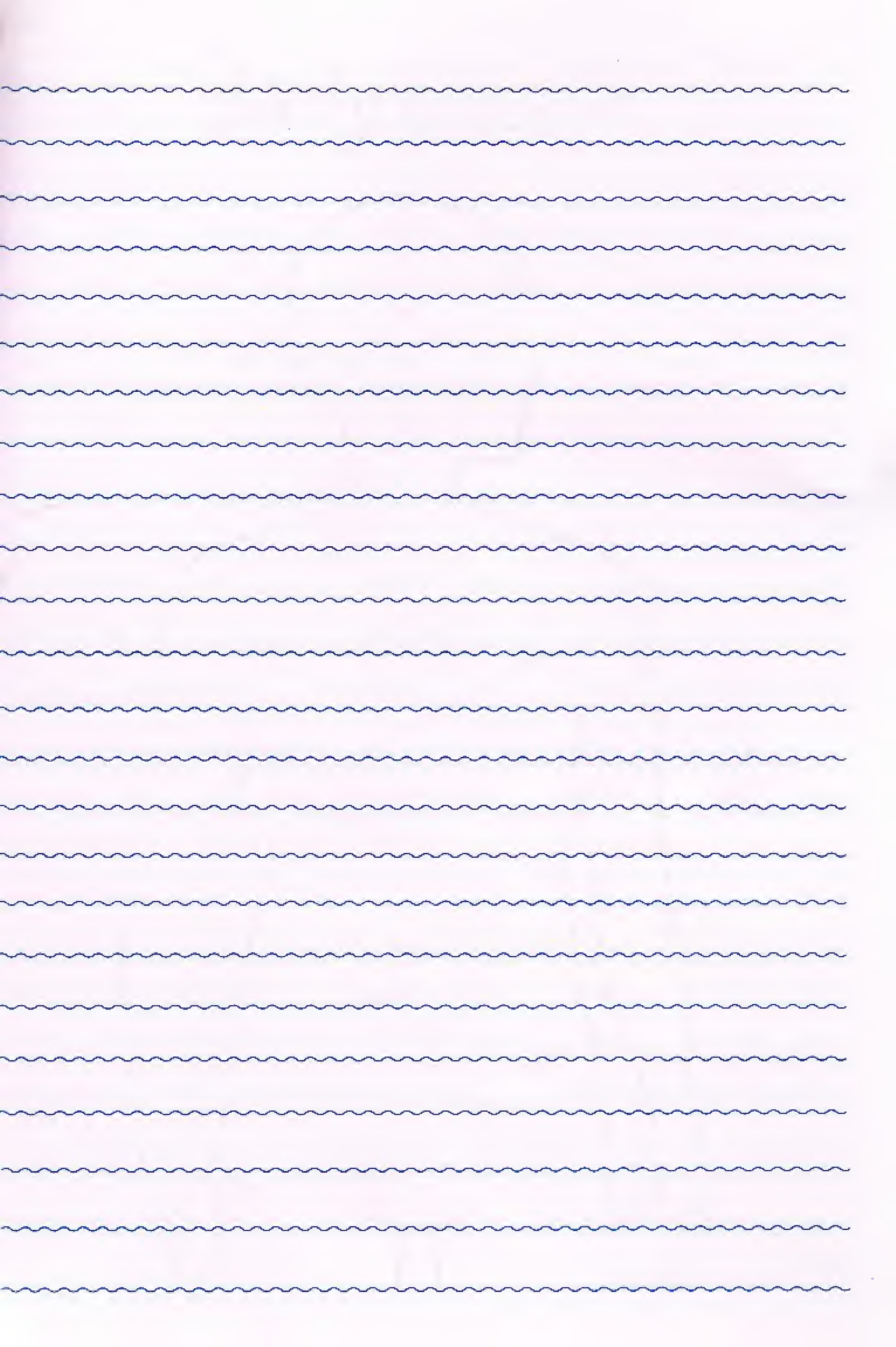
If I have no one to talk to I can telephone childline at 1098 - this is a helpline for children- and speak to the person there.

Always remember that you have a right to refuse anything that is against your wish, anything that makes you feel weak, trapped or guilty.

This is how I can be a good friend.

This image shows a single sheet of white paper with ten horizontal blue wavy lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.







# Body puzzle

